



# "Talk Training" Day

*Questions about your workouts?*

*How many reps? How much weight is right for me?*

*What equipment? What about my form?*

*Get these questions answered and more!! Our Certified Trainers are ready to help. We will even give everyone that stops by a free body fat analysis.*

**June 16, 2010**

**Coomes Center Front Lobby**

**8:15 - 10:15 am**

**Anna Broyles / Estee Hodge**

**5:15 - 7:15 pm**

**Libby Stokes / Jacqui Pile**